



Welcome

Welcome to VOCAL's information pack for carers. These factsheets are designed to support you in your caring role. Some contain information on general topics such as **Community care**, **Welfare benefits** and **Home from hospital**. Specialist support such as **Advocacy** and **Coping with caring** are explored with useful tips and recommendations. Other factsheets deal specifically with issues affecting **Parent carers** and **Carers in employment**. Subjects such as the Adults with Incapacity Act 2002 and long term care are covered in the useful factsheet **Things you might need to know**.

This information pack is simply a starting point, not a comprehensive guide. Further information on all topics is available from VOCAL's Information and Advice team on 0131 622 6666. Alternatively you can email or write (please see overleaf for contact details). VOCAL welcomes comments on any aspect of this carer information pack and your feedback will help to inform and improve future publications.

About VOCAL - Voice of Carers Across Lothian

VOCAL is an organisation for carers and run by carers. We work with carers at the Edinburgh Princess Royal Trust VOCAL Carers Centre and through outreach workers and home visits. VOCAL is governed by a Board of Directors made up of carers and former carers.

We are members of The Princess Royal Trust for Carers. Through its unique network of 122 Carers' Centres in Scotland and the UK, the Trust provides quality information, advice and support services to over a quarter of a million carers.

How can VOCAL help?

VOCAL provides a range of free and confidential services to carers:

Information and Advice

VOCAL staff can advise on a range of issues including community care, long term care, respite and housing, as well as more specialised advice on welfare benefits. Our staff has access to a range of information resources for carers including VOCAL's carer support group and respite databases. A full list of VOCAL publications can be found in the **Publications order form** in this pack. For information and advice contact Sheena Smith or Rosie McLoughlin on 0131 622 6666.

Expert Carers Training

VOCAL offers a programme of free training courses to carers. Courses usually run as a series

last updated: September 2009

of weekly sessions with expert speakers and professionals. Some courses are condition specific (eg. caring for someone with dementia) and others are generic (eg. covering community care legislation, changing relationships). Assistance can be provided for travel and care costs. Contact: Jane Greenacre, Training Officer on 0131 622 6666.

Carer Advocacy Service

An advocate can support a carer to make sure their views are heard. VOCAL's advocacy service provides volunteer professional advocacy. Our volunteer advocates, many of whom are carers or former carers, have passed a selection interview, attended extensive training and receive regular supervision. For more information see the **Advocacy** factsheet. Contact: Diane Wilsdon, Co-ordinator on 0131 622 7625.

Carer Counselling and Groupwork

VOCAL's counselling service is free, confidential and open to all carers. The counsellors are qualified or in their final year of training. They have a particular understanding of carers needs, receive regular supervision and work to the BACP Ethical Framework of Good Practice. See the **Coping with caring** factsheet for tips and advice on dealing with feelings, emotions and changing relationships. Contact: Ada Blair, Co-ordinator on 0131 466 8082.

South Edinburgh Carers Project

VOCAL has a dedicated Carer Support Worker who provides information, advice and support to carers living in the South Edinburgh area, allowing carers to access support in their local community. If you are a carer living in Gracemount, Gilmerton, The Inch, Moredun or Southhouse/Burdiehouse, contact Lisa Rice, Carer Support Worker on 0131 672 0987.

VOCAL Midlothian

VOCAL Midlothian has two Carer Support Workers who provide advice and support to carers living in the Midlothian area. Contact Jan Barnett or Lissa Smith on 0131 663 6869.

Family Support Service (Addictions)

Working with carers of people who require help for drug and alcohol problems, our Family Support Service offers information, advice and emotional support. There is a dedicated worker for the South Edinburgh area. Contact Moira Scarcliffe on 0131 622 6262 or Hazel Rendall on 0131 664 8506 for South Edinburgh.

Contact Details

VOCAL Carers Centre

8-13 Johnston Terrace
Edinburgh EH1 2PW
Tel: 0131 622 6666
Email: centre@vocal.org.uk
Website: www.vocal.org.uk

Disclaimer

VOCAL aims to ensure that the information in this pack is up to date and accurate. However, the information does not constitute legal advice and VOCAL cannot accept any liability for actions arising from its use.